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BODY**

Wednesday, May 28, 2014

## Name game on hold

Public meeting to address upgrades to Cornwallis Park, not the space's disputed name: Councillor

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## Fishy catch tips scales at 219 pounds

Man reels in 83-inch halibut in Freeport

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## YOU GOTTA HAB HOPE

DOWN 3-1, IT'S DO  
OR DIE FOR MONTREAL

PAGE 25



# Howe testifies sex was consensual

**Court.** Halifax lawyer takes the stand in his own defence at sexual-assault trial

The question of credibility is emerging as a central issue as Halifax defence lawyer Lyle Howe took the stand at the Nova Scotia Supreme Court on Monday to testify at his own sexual-assault trial.

Following 11 days of testimony, Howe shared with the court his version of events regarding an alleged incident in 2011 that led to his being charged with drugging and sexually assaulting a 19-year-old woman.

With so many conflicting reports, Howe's defence attorney Mike Taylor agreed the trial would in large part hinge on believability, namely Howe's versus that of the alleged victim.

"Credibility is a big issue in this case," Taylor said outside of court.

"The jury is going to ... need to have something to consider against the backdrop of the evidence of the complainant."

The Crown spent much of the afternoon pointing out

discrepancies between Howe's testimony and that of other witnesses.

During one especially heated exchange, Howe argued: "My story is different ... because mine is the truth."

According to Howe, he and friend Jeff Brown arranged to meet the complainant at a pub on March 20, 2011, and he asked to see her identification to make sure she was of age to drink.

The Crown pressed Howe on whether he was motivated at all by the possibility the woman was of age to consent to sex.

"Yes," he admitted. "That's probably something that crossed my mind."

The court heard how the evening progressed, with Howe and the complainant engaging in "sexual touching" while playing pool at her apartment, which led to oral, anal and vaginal sex.

"This is an uncomfortable area for me to discuss," Howe

said as his partner of 12 years looked on from the courtroom's public gallery.

Howe said he called Brown — who had by then left — to tell him to return, explaining: "I don't remember what (the complainant's) exact words were, but she indicated to me she wanted to have sex with both of us."

The following morning, Howe said, he met with the complainant to return money, after learning Brown had stolen from a large pile of \$20 bills piled on her bedroom desk.

According to the defendant, police contacted him in August 2011 to obtain a DNA sample. He was arrested in November.

Howe said the first he'd heard of the date-rape drug gamma hydroxybutyrate — GHB — was during the Crown's examination of its expert toxicologist, denying ever having seen or used it before.

"It was one of the worst experiences of my entire life," said the 29-year-old about his arrest.

"She told me she had fun," he added on speaking with the complainant the morning after the alleged assault.

GEORDON OMAND/FOR METRO

### More coverage

Follow Metro Halifax's @gwomand for live coverage from inside the courtroom.



Lyle Howe waits for his trial to resume after a lunch break at Nova Scotia Supreme Court in Halifax on Monday. PATRICK MCKENNA/FOR METRO



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# Meeting to address revamp of park, not its name: Councillor

**Edward Cornwallis.**

Waye Mason says he's committed to meeting 'later' to address fact that park was named for controversial figure



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

The councillor for downtown Halifax says a public meeting set for Wednesday night will be focused on the physical rejuvenation of Cornwallis Park — not its name.

"Basically, my message is going to be, 'Yes, we should talk about this; however, I need to have an open house about the park plan today,'" Coun. Waye Mason said on Monday. "So I'm committing to having a meeting later to talk about the best way to deal with the name issue."

With money in the municipal budget to upgrade the park's playground, Mason said it's time to draw up a

multi-year plan to make the space a "park with a purpose," addressing programming and public art.

"We don't really have an active program park," he said. "This is a very urban park, so the possibilities are pretty impressive."

But a Facebook page created for the event has been dominated by conversation about renaming the park and taking down the statue of Edward Cornwallis, who is not only Halifax's founder but also the British general who issued a scalp bounty in hopes of eradicating Mi'kmaq from the land.

Some posters called for the removal of the statue, while others advocated balancing it with new public art that addresses the bloody deeds of "Ol' Corny."

Local author Jon Tattrie, who published a biography of Cornwallis last year, said he supports giving the statue better historical context.

"You learn who he is, if you read the plaque, but you don't learn anything about the last 250 years of Nova



A man walks by the Edward Cornwallis statue in Cornwallis Park last year. METRO FILE

Scotian history and its modern identity," he said. "We have to ... understand our history more truly."

Mason said any decision on the park's name needs to be made through a much broader consultation pro-

cess.

"We have ... community groups that have historic reasons to want to be really engaged in this topic, and they haven't been reached out to — because we're talking about the playground,"

## Where and when

The public meeting will be held from 7 to 9 p.m. Wednesday at the Westin Nova Scotian.

## No comment

The executive director of Quest did not return requests for comment.

Three other mothers with adult children living at Quest are also calling for an external review. **THE CANADIAN PRESS**

## Death prompts calls for review of special-care home

Four mothers with adult children at a special-care home in Lower Sackville say an independent probe is needed after one of the home's residents died following an alleged assault by another male resident.

Police are investigating after Gordon Longphee, 56, died in hospital on May 17 after a scuffle a week earlier

with a 28-year-old resident at the Quest Regional Rehabilitation Centre, a facility that houses adults with intellectual disabilities.

Nancy Walker, whose 24-year-old son lives in the same 24-person unit, said Longphee's death has heightened her concerns about the well-being of her son, diagnosed with autism.

"I think there should be some sort of external group coming in and looking at the whole facility and the ability of the administration to provide the level of care it needs to provide for the complexity of the residents who live there," she said Monday in an interview.

"Obviously there needs to be a higher level of attention

for these kinds of things not to happen."

Nancy MacLellan, the associate deputy minister of Community Services, said it's premature to conclude an outside inquiry on Quest's operations is necessary.

She said in addition to the police investigation, the department is investigating the incident.



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1 NEWS



## Glorious day for an early morning trip out on the water

A rower takes an early morning jaunt around the Northwest Arm on Monday. Environment Canada is calling for clear skies and warming temperatures until Friday. JEFF HARPER/METRO



### 'Extremely honoured'

## MP Keddy will not seek re-election in 2015

Gerald Keddy, MP for South Shore-St. Margaret's, has announced he will not seek re-election in 2015.

"I have been extremely honoured and proud to serve the people of South Shore-St. Margaret's for the last 17 years," Keddy said in a statement Monday.

"In every job, there is a right time to move on. For me, that time has come."

First elected in June 1997, Keddy has served almost 17 years representing his riding, an area encompassing four counties with a population of 82,855.

SHELBURNE COAST GUARD

### Morning blaze

## Vacant Stewiacke store burns down

A vacant store in the centre of Stewiacke was destroyed by fire on Monday morning.

Stewiacke and District Volunteer Fire Brigade Chief Brent Murdock said firefighters encountered "heavy smoke conditions from a fully involved fire" when the blaze was reported around 6 a.m.

He said the fire started on the main floor and went to the second, causing severe damage.

"The owner is just in tears," said Coun. Pam Osborne.

TRURO DAILY NEWS

# Bad weather bad for business?

## Economic impact.

Meteorologists say so far, conditions have been pretty normal



RUTH DAVENPORT  
ruth.davenport@metronews.ca

The weather in May has been dreary enough to keep the golfers at home, delay the summer berry season, and

have meteorologists hedging their bets about when conditions will ever get better.

"It will eventually," said Environment Canada meteorologist Tracey Talbot Monday, when asked, despairingly, if spring will ever arrive.

"But in the next ... seven days, we're looking at some continuing cooler temperatures."

Talbot said the mean daily temperature in May up to last weekend has actually

### In numbers

# 0

The temperature Monday morning in degrees Celsius at Halifax Stanfield International Airport.

been on par with the normal mean daily temperature.

However, daytime highs for the last week of May — which opened with frost on the ground — will drag down

the monthly average by hovering stubbornly below the normal 18 degrees.

"At least we're into double digits," said Talbot.

Normal or not, the general manager at Grandview Golf Course said the conditions in May kept golfers at home.

"It's been very challenging," said Gavin Fitzpatrick, who estimated business is down by 40 per cent this month compared to last year. "We've been steady around

that 5 to 12 C, and you don't get a lot of golfers for that."

One strawberry grower in the Annapolis Valley said the cooler temperatures would likely delay the start of the U-pick season.

"I don't expect you're going to see much fruit much before the first of July," said Greg Webster.

Webster said the crop should at least be larger than in 2013, when strawberry crops were reduced by two viruses.

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## Lockview. Students OK after bus lands in ditch

RCMP say there were no reports of any serious injuries after a school bus crashed in Fall River on Monday.

The bus left the road near 69 Lockview Roadway around 9:24 a.m., went into a ditch, hit a utility pole and then pulled back onto the roadway.

Cpl. Scott MacRae said there were 17 high school-aged students on board.

Most were assessed at the scene by paramedics, and a Halifax Regional School

### Real victim

Nova Scotia Power was called to the scene to assess damage to the pole.

Board spokesperson said all went on to school at Lockview High afterward.

Doug Hadley said via email some of the students complained of some soreness.

RUTH DAVENPORT/METRO

### Traffic stop

## Police smoke out contraband tobacco in man's car

A 52-year-old Dartmouth man will face charges after police say they found contraband tobacco in the car he was driving through Enfield.

On Saturday around 1:50 a.m., RCMP officers with the serious and organized crime unit

conducted a traffic stop on Highway 102 with the help of Enfield RCMP.

Police say the suspect was subsequently arrested and more than six cases of contraband tobacco were seized.

The Dartmouth man has been released from custody and will face charges under the Excise Act and the Nova Scotia Revenue Act.

He will appear in Dartmouth provincial court on July 29. METRO

## Drug charges. Court date set for Cole Harbour man

A 19-year-old Cole Harbour man will return to Sydney provincial court next year for a preliminary hearing on drug charges.

Devyn James Honeywell of Circussion Drive has been charged with three counts of possession for the purpose of trafficking in cocaine, ecstasy and marijuana. The offence is alleged to have occurred May 3, 2013, in Sydney.

A judge presiding over a preliminary hearing will de-

### Schedule

The preliminary hearing is scheduled for Feb. 11, 2015.

termine whether there is sufficient evidence to warrant sending the case to trial. If so, Honeywell has elected for trial by Supreme Court judge and jury.

CAPE BRETON POST



Kyle David James Fredericks arrives at provincial court on April 28. MIKE DEMBECK/THE CANADIAN PRESS FILE

# Bus-shelter-killing case pushed back

## Harley Lawrence. Pair charged with murdering homeless man appear in court

Security was tight at the Kentville courthouse on Monday for the appearance of two men accused in the death of a homeless man.

Kyle David James Fredericks, 25, and Daniel Wayne Surette, 26, both from the Berwick area, were charged on April 25 with first-degree murder in the death of Harley Lawrence, a 62-year-old homeless man who died in a

bus shelter fire on Berwick's Commercial Street on Oct. 23.

The two men were scheduled to enter pleas, but Surette's lawyer, Ken Greer, requested the matter be put over to June 24 to allow time for "ongoing disclosure issues" and to receive "further information which is yet forthcoming from police."

Judge Alan Tufts granted the request.

During the hearing, Surette, who sat at the front of a courtroom packed with spectators, turned around several times to offer silent words of comfort to family members who could be heard sobbing in the back row.



Harley Lawrence KING'S COUNTY REGISTER

Before he was returned to custody, he turned to them and mouthed, "I love you."

After the hearing was adjourned, family spokesperson Ron Lawrence, Harley's brother, spoke to reporters.

"It's going to be a long process," said Lawrence, "but we

are here to get it done."

He said he understands the need for delays in the case, adding his family "wants to get it done right and proper."

The Lawrence family is receiving support from victims services, which is helping them through the process.

"We are all trying to hold it together. It's a lot to take in."

During the hearing, Lawrence made eye contact with Fredericks, who was subdued and red-eyed, and said he wondered "what was going through his mind."

"He seemed nervous. I think the gravity of this is sinking in," Lawrence said.

KING'S COUNTY REGISTER

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# Muskrat Falls project on track for 2017

**Hydro.** Power will flow to Nova Scotia, and jobs flow to Labrador, in next few years

## Quoted



**"We see the opportunity to use the existing**

**infrastructure, to use the infrastructure that we're building as part of Maritime Link and the Lower Churchill, and to begin to supply some of this energy to the New England market."**

Emera CEO Chris Huskison

The \$7.7-billion Muskrat Falls hydroelectric project is on track as planned to start generating power in 2017 with full production the next year, the CEO of Nova Scotia utility company Emera said Monday.

Chris Huskison said the Maritime Link project, which is part of the overall Muskrat Falls development and will include a 170-kilometre subsea cable that links Cape Breton with southwestern Newfoundland, is also on time and he's confident electricity will begin flowing to Nova Scotia in three years.

"The Maritime Link project is on time and on budget," said Huskison. "I'm very confident that the project will come in and deliver energy in 2017-18 as it was originally planned."

Huskison's comments clash

with those of Nalcor Energy CEO Ed Martin, who said last month that hopes of first power in 2017 were in question and production could be delayed. Nalcor Energy is the provincial Crown company that is now building the Muskrat Falls development in Labrador.

At the time, Martin said that costs were going up, though he declined to confirm a new price

tag while contracts for the dam were still being negotiated.

Huskison spoke Monday at a meeting of the Atlantic Provinces Economic Council in Halifax, where he touted the major project as an economic driver for the region, with opportunities to sell power to the United States.

"This is a very significant project, one that I believe is very material to our future and one that I think there (offers) a tremendous amount of opportunity," Huskison told the crowd at Pier 21.

Emera estimates that the construction of the Maritime Link will create an average of 300 jobs per year during the construction period in both provinces, with peak activity in 2016.

Last month, Huskison announced that Emera had secured \$1.3 billion in financing on the bond market. He said the deal was made possible by a federal loan guarantee that offered Emera a triple-A credit rating. **THE CANADIAN PRESS**



## Memorial Day at Deadman's Island

A Sea King performs a fly past over the heads of the Honour Guard during Memorial Day Celebrations at Deadman's Island in Halifax on Monday. Nearly 200 American prisoners of the War of 1812 died during confinement on Melville Island, and are buried on Deadman's Island. **PATRICK MCKENNA/FOR METRO**

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## A 'Stormy' situation. Dog's fate in question after attack on child

A complicated situation has fallen into the hands of the Municipality of Shelburne after a four-year-old was attacked by a dog at Roseway Park.

There were no adults around when the four-year-old approached the dog.

The six-year-old beagle, lab and duck toller mix named Stormy was tied in its own yard.

When the child crouched down to visit, the dog bit the child in the face. The child suffered bruising and puncture wounds from the attack.

The mother of the child, Shirley Oikle, took her son to the emergency department where he was treated.

The bylaw enforcement officer took the dog from the home and, as per custom, the dog was held for 10 days to see if it was rabid. According to its bylaws, the municipality could at day 14 destroy the dog.

What the municipality realized soon after taking the dog was that she was pregnant and due any day.

According to Silvia Jay, a dog



A four-year-old in Shelburne was bitten by a dog. SHELburne COAST

behaviour specialist from Nova Scotia, this could be a mitigating factor in the attack.

"If she never has bitten before or showed aggression, the bite could have been circumstantial," she said.

The family of the dog is upset and wants their dog back.

"I felt really bad when it happened," said Claire Brown. "She has never been in trouble before — it was totally out of character."

SHELburne COAST GUARD

# Now that's a big fish

**219-pound halibut.**  
'The fish were coming  
and I was loving it'

A Nova Scotia man has landed a 219-pound halibut, fishing solo out of Freeport.

About three years ago, Beau Gillis caught a 240-pound halibut but had to use his hauler to get it aboard. This one he pulled aboard with his own strength.

When he saw the 83-inch fish lying on the deck of his little boat, it was the crowning moment of a great day.

"Fishing is hard, sometimes brutally hard," he said two days later. "But this day there wasn't any work to it. The fish were coming and I was loving it."

On Thursday, Gillis said he was getting lots of regular halibut between 10 and 50 pounds,

### Dinner time

The halibut was purchased by the Digby Pines Golf Resort and Spa.



Beau Gillis reeled in a 219-pound halibut last week. DIGBY COURIER

and then the line went extremely tight. "It was humming tight," he said. "I thought the tide was moving me and I was caught on bottom, and then it went slack and then I thought it was caught again."

And then he saw it — a big fish. He reached down and put a meat hook through the fish's mouth and then, because it was

so calm, he was able to stand on the washboard, and lean back pushing with his legs.

"And I got enough of him aboard," he said. "I was able to adjust my feet, and it was so calm, I gave another pull, leaned right back and he slid into the boat and never moved. He just laid there. I guess he did all his fighting on the bottom."

Gillis says he thought about letting the halibut go.

"If only for a split second, I did think about letting the big guy go, and not ever telling anyone," he said. "He seemed pretty okay to stay though and then I thought of the glory, then the money all in quick succession. I just thought, that's a \$1,000 fish." DIGBY COURIER

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# Chief of defence claims military knows location of kidnapped girls

**Abuja, Nigeria.** Military official won't elaborate on location of students, suggests using force to rescue them will result in their deaths

Nigeria's military has located nearly 300 schoolgirls abducted by Islamic extremist group Boko Haram, but fears using force to try to free them could get them killed, the country's chief of defence said Monday.

Air Marshal Alex Barde told demonstrators that Nigerian troops can save the girls. But he added, "We can't go and kill our girls in the name of trying to get them back."

He spoke to thousands of demonstrators who marched to Defence Ministry headquarters in Abuja, the capital. Many were



Nigeria's chief of defence, Air Marshal Alex Barde, centre, speaks in Abuja, Nigeria, Monday during a demonstration calling on the government to rescue the kidnapped girls of a government school. GBENGA OLAMIKAN/THE ASSOCIATED PRESS

brought in on buses, indicating it was an organized event.

Asked by reporters where

they had found the girls, Barde refused to elaborate.

"We want our girls back. I

can tell you we can do it. Our military can do it. But where they are held, can we go with

force?" he asked the crowd.

People roared back, "No!"

"If we go with force what

will happen?" he asked.

"They will die," the demonstrators said.

"Nobody should come and say the Nigerian military does not know what it is doing. We know what we are doing," Barde insisted.

Nigeria's military and government have faced national and international outrage over their failure to rescue the girls seized by Boko Haram militants from a remote northeastern school six weeks ago.

President Goodluck Jonathan was forced this month to accept international help. American planes have been searching for the girls. Britain, France, Israel and other countries have sent experts in surveillance and hostage negotiation. Jonathan's reluctance to accept help for weeks is seen as unwillingness to have outsiders looking in on what is considered a corrupt force.

THE ASSOCIATED PRESS

## Developing world

### Birth, death data vital for health of women, children

For one million babies born every year, it's as if they were never here.

That's how many newborns die on the day of their birth, along with millions more in their first month of life, all without ever having been formally documented.

The lack of vital birth and death registration in poor countries will be a major topic of discussion at this week's international meeting on improving the plight of children, newborns and mothers in developing countries.

Prime Minister Stephen Harper is hosting the three-day conference in Toronto.

Rosemary McCarney, the co-chair of the Canadian Network for Maternal Newborn and Child Health, says birth registration is a key to making progress on the issue.

She says knowing about births, deaths and cause of death is key to bringing down mortality rates and improving the health of the most vulnerable women and children in poor countries. **THE CANADIAN PRESS**

## Lawsuit. Woman alleges RCMP officers pulled her from shower, left her nude

A Manitoba woman is suing six RCMP officers, claiming they pulled her from a shower and left her shivering and naked in her kitchen during a search of her home.

The woman alleges in a lawsuit filed last week that the September 2012 incident has left her with post-traumatic stress disorder, fear of being alone and a fear of showering, as well as emotional trauma.

The lawsuit alleges the woman was taken from her main-floor bathroom shower during the mid-morning raid and kept in custody, without any clothing, in the kitchen while police searched her home.

"The plaintiff was kept in the kitchen without access to covers for a period of time," the statement of claim says. "The plaintiff began hyperventilating and experiencing shock-like symptoms."

It claims the woman, who works as a hospital medical technician, was eventually taken to hospital in an ambulance. She is seeking unspecified damages, including punitive damages and costs.

## Quoted

**"The plaintiff began hyperventilating and experiencing shock-like symptoms."**

Statement of claim from Manitoba woman, who alleges RCMP officers left her naked in her kitchen while they searched her home

"As a result of the injuries which the plaintiff received from the defendants, the plaintiff has suffered out-of-pocket expenses including loss of wages in an amount to be proven at trial," the lawsuit says.

The lawsuit says Mounties raided the house while executing a search warrant as part of an investigation, but does not elaborate. Daniel Minuk, the woman's lawyer, declined to comment on the lawsuit or its allegations.

Tara Seel, media relations officer with the RCMP, said it would be inappropriate to comment since the matter is now before the courts.

No statement of defence has been filed. The woman's claims have not been proven in court. **THE CANADIAN PRESS**

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Pope Francis holds an envelope as he prays at the Western Wall, the holiest place where Jews can pray, in the Old City of Jerusalem, Israel, Monday.  
COURTESY OSSERVATORE ROMANO/THE ASSOCIATED PRESS

## Pope ends visit to Holy Land balancing prayer, politics

**The image Vatican hopes will define trip.** Roman Catholic Church leader embraces rabbi and Muslim in front of the Western Wall

Pope Francis wrapped up his Mideast pilgrimage Monday with a balancing act of symbolic and spontaneous gestures to press his call for peace between Israel and the Palestinians and friendship between Jews and Muslims in the land of Jesus' birth.

A day after he prayed at Israel's security barrier sur-

### **Awkward moment**

**"He spoke Aramaic, and he also knew Hebrew."**

Israeli Prime Minister Benjamin Netanyahu at an awkward moment in a one-on-one chat with Pope Francis, insisting that Jesus spoke Hebrew. "He was speaking Aramaic," the Pope replied with a smile.

rounding Bethlehem, Francis honoured Holocaust victims by kissing the hands of several survivors, and accepted Israeli Prime Minister Benjamin Netanyahu's request to pray at a memorial to victims of suicide bombings and other attacks.

After visiting the Dome of the Rock, Francis prayed at the Western Wall, leaving a hand-written note with the "Our Father" prayer written in his native Spanish in between the cracks of stone.

When he finished, a visibly emotional Francis embraced Rabbi Abraham Skorka and Omar Abboud, a leader of Argentina's Muslim community, both of whom joined Francis on his official delegation in a potent symbol of interfaith friendship.

The atmosphere was starkly different in Francis' one-on-one with Netanyahu, who lauded Israel's treatment of Christians and defended its West Bank separation barrier.

THE ASSOCIATED PRESS

## New York. Hacker helped thwart cyberattacks: Docs

### **Background**

- Starting in early 2011 and using the alias Sabu, Monsegur led an Anonymous splinter group called Lulz

Security, or LulzSec, which hacked computer systems of Fox TV, Nintendo and PayPal.

A prolific computer hacker who infiltrated the servers of major corporations later switched sides and helped the U.S. government disrupt hundreds of cyberattacks on Congress, NASA and other sensitive targets, according to federal prosecutors.

New York prosecutors detailed the co-operation of Hector Xavier Monsegur for the first time in court papers

while asking a judge for leniency at his sentencing Tuesday. They credited Monsegur with helping them cripple An-

onymous, the notorious crew of hacktivists who stole confidential information, defaced websites and temporarily put

some victims out of business.

Working with FBI agents at his side, Monsegur "provided, in real time, information about then-ongoing computer hacks and vulnerabilities in significant computer systems," prosecutors wrote.

The FBI estimates he helped detect at least 300 separate hacks, preventing millions of dollars in losses, they added. **THE ASSOCIATED PRESS**

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# Baird says Turks and Caicos dream will remain just that

## No 11th province.

Though islands' premier says he's not closing the door on joining Canada, Foreign Affairs says it's not in the cards

The premier of Turks and Caicos is leaving the door open to the prospect of his country joining Canada, even though he has opposed the idea in the past.

But Foreign Affairs Minister John Baird suggested Monday that Canadians are dreaming if they think they'll have a province in the Caribbean any time soon.

Turks and Caicos Premier Rufus Ewing met Prime Minister Stephen Harper in Ottawa, where he says the two leaders spoke about exploring a more formal relationship.



Cruisegoers enjoy the beach at the Grand Turk Cruise Terminal in Grand Turk, Turks and Caicos. Turks and Caicos Premier Rufus Ewing met with Prime Minister Stephen Harper in Ottawa Monday. THE ASSOCIATED PRESS FILE

Ewing described the meeting as a "courtship," but said the pair did not discuss the possibility of Turks and Caicos becoming Canada's 11th province.

The idea, however, is not out of the question, Ewing suggested during a news conference following the meeting.

"It is not of my mandate to close the door," he said.

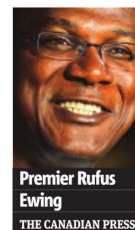
"It is my mandate to see Turks and Caicos have sustainable economic growth and development and development of our people ... and we look to Canada, who has shown by example of being a very strong democracy."

Even creating closer ties is a long shot, said Baird: The Harper government is not exploring a stronger relationship, let alone considering a plan to annex the British colonial territory.

"We're not in the business of annexing islands in the Caribbean to be part of

Canada, so that's not something that we're exploring," said Baird.

"We're not looking at any sort of formal association with the islands."



**Premier Rufus Ewing**  
THE CANADIAN PRESS

Conservative MP Peter Goldring has been pushing the idea for over a decade.

Canada enjoyed strong economic ties with Turks and Caicos in the 1800s, largely through the salt trade.

More recently, however, the 40-island nation has relied more on the tourist trade and its open banking system for the economic well-being of its roughly 30,000 inhabitants.

Turks and Caicos is currently a British territory with an elected legislature.

**THE CANADIAN PRESS**

## No apology from Harper

## Lawsuit against PMO proceeding

The National Council of Canadian Muslims is proceeding with a lawsuit against Prime Minister Stephen Harper and his chief spokesman for a comment it says linked the organization to a terrorist group.

The group is filing a statement of claim in Ontario Superior Court after failing to get an apology from the Prime Minister's Office for the January remark. **THE CANADIAN PRESS**

## 2010 Gaza incident

## Turkey orders arrest of Israeli commanders

A Turkish court on Monday ordered the arrests of four former Israeli military commanders being tried in absentia over the killing of nine people aboard a Turkish aid ship that tried to break a Gaza blockade, Turkey's state-run news agency reported. **THE ASSOCIATED PRESS**

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## London mayor. Joe Fontana pleads not guilty to 3 fraud charges

The mayor of London, Ont., admits that as a member of Parliament he altered a contract that he submitted for expenses, but the \$1,700 the government paid out was not for his son's wedding, his lawyer said Monday.

Joe Fontana, who has refused to step down as mayor while his case is before the courts, pleaded not guilty to fraud, uttering a forged document and breach of trust by a public official on the first day of his trial.

The Crown alleges Fontana wrote a \$1,700 cheque as a deposit for his son's 2005 wedding reception at the Marconi Club in London then submitted a claim for a government expenses along with a "significantly altered" version of the contract that secured the club as the wedding venue.

Among the alterations were changing the date of the event from June 25, 2005, to Feb. 25, 2004, the word "wedding" to "reception" on the contract under the section



Joe Fontana THE CANADIAN PRESS

for purpose of the event, the addition of a yellow sticky note saying "misc constituents reception" as well as the word "original" added in blue ink.

Fontana's lawyer, Gord Cudmore, said his client admits making those changes, but what is at issue in the trial is the purpose of the \$1,700 cheque.

"You will find in the course of the evidence called it is the position of the defence that the cheque had nothing whatsoever to do with the wedding." THE CANADIAN PRESS



## Officers direct mother duck through downtown traffic

Court security officer Mike Rivard and police constable Doug Pain try to convince a mother duck to continue leading her ducklings across a busy downtown street in London, Ont., on Monday.

DAVE CHIDLEY/THE CANADIAN PRESS

## European Parliament election. Euroskeptic rise muddles EU future

Euroskeptics celebrated across the continent on Monday, from Britain to France and beyond, over their unmatched success in the European Parliament election. Now they are keen to put up internal borders again, keep foreigners out of their labour markets, abolish the common euro currency and let their nations go it alone in a globalized world.

The 28 European Union leaders meeting in Tuesday's postelection summit have a different task: making sure the surge of anti-EU and anti-establishment parties that claimed almost 30 per cent of the EU's 751-seat legislature doesn't dislodge the 64-year project of closer co-operation between European nations.

They will also need to look for a way to reconnect with an ever more disenchanted European electorate that stayed away from the polls in massive numbers — and cast plenty of protest votes when they did show up.

Trust in political leader-

ship "is going down dramatically," EU Commission President Jose Manuel Barroso acknowledged Monday in Sintra, Portugal.

British Prime Minister David Cameron, faced with the rise of the Euroskeptic UK Independence Party at home, struck a similar note, saying nothing will be business-as-usual any more.

"People are deeply disillusioned with the European Union," Cameron said Monday after Nigel Farage's UKIP came out on top in Britain and was slated to win 24 EU seats, compared to 19 for Cameron's Conservatives.

The British leader who has been calling on the EU to drastically reform its ways and institutions to give member nations more space to run their own affairs will be a key figure at Tuesday's summit.

Voters "want change and as far as I am concerned that message is completely received and understood," Cameron said. THE ASSOCIATED PRESS

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# Thai coup leader warns citizens against protests

## Royal endorsement

Thailand's king endorsed its military chief to run the country and called for 'reconciliation'

Bolstered by an endorsement from Thailand's king, the nation's new military ruler issued a warning Monday to anyone opposed to last week's coup: don't cause trouble, don't criticize, don't protest — or else the nation could revert to the "old days" of turmoil and violence.

Gen. Prayuth Chan-ocha defended the army's takeover, saying he had to restore order after seven months of increasingly violent confrontations be-



Gen. Prayuth Chan-ocha speaks at his first press conference since Thursday's coup on Monday in Bangkok.  
SAKCHAI LALIT/THE ASSOCIATED PRESS

tween the now-ousted government and demonstrators.

"Everyone must help me," said Prayuth, adding: "do not criticize, do not create new problems. It's no use."

The words came as an aide to former Prime Minister Yingluck Shinawatra said she had been released Monday from military custody after being held for three days.

Earlier Monday, a royal command sent in the name of King Bhumibol Adulyadej officially endorsed Prayuth to run the country and called for "reconciliation among the people."

The endorsement is a formality, but in a country where the king's word is supreme, it is one that carries enormous weight.

Thursday's coup deposed an elected government that insisted for months that the nation's fragile democracy was under attack from protesters, the courts, and the army.

THE ASSOCIATED PRESS



## Fatal train collision in India kills 40

Officials and rescuers stand near the wreckage after the Gorakhpur Express passenger train slammed into a parked freight train near Basti, in India's Uttar Pradesh state, on Monday. The express train plowed into a parked freight train, killing at least 40 people and reducing cars to heaps of torn and twisted metal, officials said. THE ASSOCIATED PRESS

## Don't hold your breath

### Man crashes after fainting in tunnel

Police say a 19-year-old man caused a three-car crash when he fainted while holding his breath as he drove through a tunnel in Oregon.

Daniel J. Calhon told investigators he fainted Sunday afternoon while holding his breath in the Highway 26 tunnel near the community of Manning. His car, a Toyota Camry, crashed head-on with a Ford Explorer.

Both vehicles struck the tunnel walls before a pickup

hit the Camry. Four people suffered non-life-threatening injuries. Police say Calhon has been cited for reckless driving, reckless endangerment and fourth-degree assault.

Some people hold their breaths in tunnels as part of a game or superstition.

THE ASSOCIATED PRESS



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# A special on curl-ups with carrot cans?

## Fitting in fitness.

You can work on your six-pack for free, and pick up a six-pack, at one Albany, N.Y., grocery store

When Ann Lawson strolls into her neighbourhood grocery store, she really gets a workout.

That's because her Hannaford supermarket has a small gym located just past the pharmacy counter. It has treadmills, stationary bicycles, various other cardio machines, even a state-of-the-art Zumba room with a shiny wooden floor.

And best of all, it's free. "It's about me getting healthy and losing some of this excess weight," Lawson said.



A grocery store in Albany, N.Y., offers a free gym open to anyone, just past the pharmacy. MIKE GROLL/THE ASSOCIATED PRESS

"And I like the idea of being able to work out and shop in one trip."

Maine-based Hannaford insists the 5,600-square-foot health facility that opened in October is not part of some shrewd marketing campaign. The Albany, N.Y., store is the only one in the 184-store chain with such a gym, and there are

no plans for more.

The idea grew out of a meeting last summer between Hannaford, the local YMCA and the health-care provider Capital District Physicians' Health Plan. All said their goal was to come up with something to improve the area's health while also being convenient, accessible and free. THE ASSOCIATED PRESS



## Please do not turn that off

The directive to "Please turn off your portable electronic devices" is becoming a thing of the past for Canadian air travellers. Transport Minister Lisa Raitt says regulations are being changed to permit the use of video games, tablets, computers and cameras at any time during a flight, including during takeoff and landing. PHOTO: SANDRA MU/GETTY IMAGES; TEXT: THE CANADIAN PRESS

## Drew the short straw? Write to the Buffetts

When Warren Buffett announced in 2006 that he would give away his billions, he was flooded with individual requests for help that still flow in today.

Instead of tossing the letters aside, Buffett packages them up and sends them to his big sister Doris. With the help of seven women, her Sunshine Lady Foundation scrutinizes each request to find people who have come upon bad luck through no fault of their own.

"She just believes that a lot of people got short straws in life, and she wants to help them," Warren Buffett said.

It's rare for philanthropists to respond to individual requests, said Northeastern University professor Rebecca Riccio, who teaches philanthropy and interviewed the siblings last year. Buffett, 83, and his 86-year-old sister worked out the unusual arrangement because neither wanted to disregard the requests, but Buffett also wanted to focus on running Berkshire Hathaway.

"I think Warren and Doris do not have it in them to ignore those letters," Riccio said.

Warren Buffett sent his sister \$5 million US initially to cover the cost of responding to his letters and promised more money if she needed it. The siblings didn't want to say exactly how much Doris has given to the letter writers so far. THE ASSOCIATED PRESS

### Multi-year deal

#### TSN, Canadian Tire team up on deal

Canadian Tire has signed a deal with TSN that will see the sports broadcaster develop and produce content for the retailer's advertising. THE CANADIAN PRESS

### Zip-a-Dee-Doo-Dah

#### Betting on a zip line in Sin City

Officials at the Rio casino have opened a zip line that runs between two of the resort's towers and offers views of the Las Vegas Strip. THE ASSOCIATED PRESS

### U.S.-China business

#### Hacking charges won't break bonds

China may be trying to steal trade secrets from U.S. businesses, as prosecutors allege. Yet, China's market remains an irresistible source of business. THE ASSOCIATED PRESS

### Market Minute



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1. Please note that United Way Halifax Bylaw #1 Article 4.03(A) states "The report of the Governance Committee outlining nominations to the board is available at United Way Halifax, 46 Portland Street, 7th Floor, Dartmouth, Nova Scotia, B2Y 1H4;"
2. Additional nominations may be made in writing signed by at least ten (10) Members of the Organization\* and shall be received not less than seven (7) days prior to the Annual General Meeting, together with a statement in writing signed by such nominee indicating a willingness to serve as Director if elected (Bylaw #1, Article 5.04-b);
3. No candidates, other than the nominated as set out above, shall be eligible for election at the Annual General Meeting. Employees of United Way Halifax and of funded agencies are not eligible to sit on the Board of Directors, (Bylaw 5.03).

\*Members of the Organization are residents within the boundaries of the Halifax Regional Municipality and the Municipality of East Hants who uphold the mission and vision of United Way Halifax.

Catherine J. Woodman, President and CEO  
United Way Halifax



# BUT WHICH BRO ARE YOU, BRO?

The world of online dating is a wondrous novelty to me. I'm not sure if I would have ended up with my own significant other — whom I met unromantically, at a bar — if I had relied on a digital matchmaking service that allows you to filter potential partners by age, race, religion, geography, height, body type and annual income.

Sophisticated algorithms might help users narrow down their search, but we all know that a carefully selected profile photo can make or break your chances of finding a date. Some sites such as Match.com and eHarmony allow users to post an entire catalogue of images, while popular matchmaking app Tinder limits users to just five well-chosen snapshots.

I spent the weekend scrolling through profiles on various digital dating services with a few of my single girlfriends — in the name of research, of course — to find out what influences a woman's decision to swipe right and say yes to a date. In the course of this exceedingly important investiga-



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

tion, I discovered there are numerous things that make women cringe when it comes to first-impression photos.

**The top five things all the single ladies really don't want to see on your profile:**

- **Your ex:** It's perplexing to see how many men think posting a romantic vacation photo with their ex-girlfriend might help them snag a date. I don't care if you look incredibly handsome in that picture in front of the Eiffel Tower; coupled-up images suggest you are still invested in your previous relationship or have absolutely no idea how to upload new content to the Internet.
- **Group shots:** We get it, you love your bros. You have so many bros, but which bro are you, bro? Dating websites feature thousands of men; your individual profile should be about you and not your posse of pals. Stick to solo images to avoid confusion.

• **Photos of your stuff:** Most women aren't looking to date your motorcycle or your dog and if they are, well they probably still want to see YOU posing with your prized possessions. Uploading standalone images of your condo interior won't help you turn that bachelor pad into a love nest any time soon.

• **Bicep snaps:** It can be hard to find a good collection of recent pictures of yourself, but please stop with the not-so-discrete snapshots of you flexing at the gym. According to a survey by dating website Zoosk, a man is 19 per cent more likely to receive a message from a woman if he posts an image of himself doing something outdoors. So step away from the mirror and get outside.

• **Archival images:** It doesn't take a detective to figure out that a 36-year-old man who uploads a snapshot of himself doing a keg stand at a frat party might be stuck in the past. Remember that you're looking for someone to date you, not "20 pounds ago and with way more hair" you. Avoid disappointment by being honest with yourself and potential love interests.

Follow Jessica Napier on  
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## ZOOM

### Lali, Lela, Lila, Lulu and Obama



Five Bengal white tiger cubs born on April 25 were unveiled to the public at the White Zoo in Kernhof, Austria, on Monday. RONALD ZAK/THE ASSOCIATED PRESS

#### Cubs make their grand entrance

A litter of rare tigers made their debut at a zoo in Austria.

According to the zoo, it's the first time five white tiger cubs were born in a single litter in Europe. The four female and one male are all healthy and doing well.

"We are very, very proud and very happy, because they are totally normal, there is nothing wrong (with them)," said zoo director Herbert Eder. **WPTV.COM**

#### Rare beauty makes them targets

The cubs' mother, named Burani, was brought to the zoo from Germany three years ago and this is her third litter.

The father, named Samir, has fathered 14 cubs.

Eder says, "They are not hand-tamed, and not together with people; they are together with their mother."

The white tigers' unique colour means they're targeted by poachers and nearly extinct in the wild. **WPTV.COM**

#### By the numbers

## 500

There are only a small quantity of white tigers in existence and the current population is estimated at approximately 500. With the inevitable inbreeding problems, a debate continually rages over the wisdom of breeding this animal.

SOURCE: **INDIANTIGER.ORG**

## SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on pages 15 and 16 in Scene and page 26 in Sports

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## MetroTube

### Wicked smart birds!



**ANDREW FIFIELD**  
metronews.ca

If there's one fun fact we all took away from Jurassic Park, it's that a closed door would be no match for those crafty velociraptors. "Life finds a way," is how a great man put it.

Smash cut to a few million years later, and we find things haven't changed a whole lot. These clever swallows, residents of the University of Victoria's Campus Bike Centre, are doing their much larger ancestors proud by laughing at our obstacle-based achievements and the motion sensors that guard them. (Via Grant Hughes/YouTube)



ISTOCK PHOTO



DVD review



## Super Duper Alice Cooper

**Directors.** Reginald Harkema, Scot McFadyen, Sam Dunn

**Stars.** Alice Cooper

Fans of original shock rocker Alice Cooper, well served by this loving chronicle by Reginald Harkema, Scot McFadyen and Sam Dunn, may be surprised to learn that the frontman didn't strut fully formed out of a 1970s gateway from hell.

First he was art nerd Vince Furnier, a preacher's son from Arizona, who got his stage name from a Ouija board and band outfits from the Ice Capades.

The doc's funniest moments chronicle his early days, including his performance epiphany in Detroit, his actual birthplace, where he feels audiences first really got his band's blend of music and Grand Guignol theatre: garish eye makeup, faked onstage executions, dead baby dolls and other plastic cadavers strewn about.

Extras include deleted scenes and rarely seen concert footage. **PETER HOWELL**

# Charlize Theron risks it all for a Million Ways to Die

## Wild, wild western.

The Oscar winner risked life and limb to bring Seth MacFarlane's spoof A Million Ways to Die in the West to life, but was it worth it?



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Metro World News in Hollywood

While you might think Seth MacFarlane had to chase down Charlize Theron to convince her to co-star in his cowboy comedy, A Million Ways to Die in the West, the Oscar-winning actress insists it was the other way around.

"I got to read this pretty early on," she says of the script for the film, which skewers old-fashioned westerns and life on the frontier.

"Just the idea of doing something that's pitched in this very unusual way of a comedy-western situation and him at the helm of that, that to me was very intriguing. So I definitely did some chasing."

But a few weeks on location in New Mexico, risking life and limb, quickly had Theron rethinking her decision.

"Look, it's a gorgeous place. I understand why you want to paint it. I would



Anna (Charlize Theron) and Albert (Seth MacFarlane) try not to die at the fair in A Million Ways to Die in the West, the new comedy from director, producer and co-writer MacFarlane. UNIVERSAL PICTURES

want to paint it. I don't necessarily want to go and shoot in it again. It's just like the weather was unbelievable. I felt like it was like biblical times, and we were all going to die a horrible death by weather," she says.

"I mean, there was a night where we shot, and Seth left before me. I got a text from him that literally just said, 'The road is washing away!'

Get out of your trailer right now and start driving!' And I was like, 'I'm going to die on this movie.'"

Of course, all that risking life and limb can help bring a cast together, and Theron is particularly fond of her co-stars on this one, including MacFarlane, Neil Patrick Harris, Giovanni Ribisi, Sarah Silverman and Amanda Seyfried.

"There really wasn't a bad apple in the bunch. It really was just a bunch of great people together having fun, working hard, there for the right reasons, wanting to make the movie the best they possibly could," Theron says.

"We laughed a lot, and drank a lot, and almost died together a lot. So we are bonded for life."

# 2 SCENE

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## A lighter shade of Lana

Lana Del Rey has just released the second single from her new album *Ultraviolence*, which is slated for release on June 16. The breathy single, *Shades of Cool*, was written by Rick Nowels, with whom the singer collaborated on the tracks *Summertime Sadness* and *Young and Beautiful* from her previous album. *Ultraviolence* was produced by Black Keys singer Dan Auerbach. "We bumped heads a little bit," Auerbach confided in the magazine *MOJO*. "But at the end of the day we were dancing to the songs." AFP

## Playing with privacy. Hacker hero video game Watch Dogs to be let loose

Hacker-themed video game *Watch Dogs* makes its hotly anticipated debut on Tuesday in a world grappling with real-life fears about privacy in the Internet era.

France-based Ubisoft's new title features a protagonist who controls the world around him by hacking into systems and has generated intense buzz for eerie parallels with the storm about U.S. surveillance.

Games typically use weapons ranging from guns and swords to lasers to special powers to defeat enemies, overcome obstacles or simply score points.

But in *Watch Dogs*, the player-controlled antihero can access everything from the cellphone conversations and medical records of passersby to computers which control traffic lights, to advance through the game.

Set in Chicago, the game centres on Aiden Pearce, who uses his smartphone to access the city's Central Operating System, which controls everything from power grids and traffic management technology



A still from the video game Watch Dogs. UBISOFT

to bank accounts and phone networks.

Ubisoft said the game, originally set for release last year, has seen strong pre-orders, suggesting it will be a big seller.

In *Watch Dogs*, Pearce starts off seeking revenge for a loved one, but as he finds out more about the city, through hacking into its systems and inhabitants, he becomes a "vigilante," according to Montreal-based Canadian Ubisoft developer Dominic Guay.

"Most of the hacks that we have in the game are based on stuff that's happened in the real

world," Guay said.

"We just happened to give them all to a single player."

Versions of *Watch Dogs* have been tailored for play on Sony's new-generation PlayStation 4 and Microsoft's Xbox One as well as the previous generation of those consoles. The game can also be played on computers powered by Windows software.

Ubisoft added the ability for people playing *Watch Dogs* on consoles to take on in-game challenges from friends using a companion application on smartphones or tablets. AFP

### Global box office

## Frozen becomes fifth highest-grossing film in box office history

Since its release in November 2013, Disney's seasonal animated feature *Frozen* has brought in over \$1.219 billion at theatres worldwide, placing it ahead of *Iron Man 3* in the ranking of the most lucrative global blockbusters. *Iron Man 3* grossed \$1.215 billion during its run in theatres.

At the top of the worldwide box-office podium are *Avatar* (\$2.7 billion), *Titanic* (\$1.8 billion), *The Avengers* (\$1.5 billion) and *Harry Potter and the Deathly Hallows: Part 2* (\$1.3 billion). AFP



Frozen has become Disney's highest-grossing feature. DISNEY

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## Silvia Domestic Short Hair

Sweet Silvia is a tiny 8-month-old orphan found stray in North Sydney. She is almost full grown and we anticipate she will always look like a slightly oversized kitten. Silvia appreciates a gentle rub on her cheeks and seems to enjoy people speaking to her. True to her fine Cape Breton roots, she is people curious and friendly and would probably adjust well to any kind of household where she was treated with love and respect... The only thing Silvia lacks is a forever home to call her own.



For more information on Silvia and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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James Franco ALL PHOTOS GETTY IMAGES

## Franco, my dear, perhaps your dates don't give a tweet

Dating didn't apparently come easy to James Franco, as the Palo Alto star admits high school was a bit rough. "I wasn't the best socializer," Franco says. "I was shy, but I had a girlfriend named Jasmine my last two years. I was lucky to have someone who stuck around like that. I was a little confused and

mixed up when it came to dating." And when it comes to dating today, with the help of social media and mobile technology? "You get to know someone much quicker," he says. "The downside is when people aren't tech savvy and don't express themselves well through digital media." So get with the tweeting, ladies.

## Addams Family star goes bump overnight



Christina Ricci

Christina Ricci is going to be a mom. The Addams Family star is expecting her first child with husband James Heerdegen, she confirms to Entertainment Tonight. The two met while making the short-lived TV series Pan Am in 2012 and tied the knot in October 2013 in a private ceremony in New York City. Ricci has done a remarkable job of keeping the pregnancy quiet, as when she finally stepped out at LAX this weekend her baby bump was impressively far along.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Ellen Page's dream man is the Biebs!?

Ellen Page has been having some weird dreams, she tells Conan O'Brien during an interview. "My anxiety dreams tend to always relate to pubic hair," Page says. "So I'll be, like, on stage getting ready to act, and I'm just in my underwear, and I just look down and it might as well be an old man's beard or something. Or I'll be topless and it will be up to my (chest). Like a reverse hairy chest." But her dreams haven't all been anxiety-inducing. For instance, there was one about Justin Bieber that she actually enjoyed. "We were in his, like, child-



hood home in Canada, just hanging out, and his mom came home with takeout from Ikea, and we were like, 'Yeah!'" Page explains. "We were stoked. We were like, 'Yes, our favourite!'" For the record, Page has never actually met Bieber.



Kanye West and Kim Kardashian

## Cork resort can't comment on Kim and Kanye's country canoodling

When it comes to all things West-Kardashian, perhaps you empathize with the item entitled "Alert (yawn): Kimye weds" that just appeared in the New York Post. "Two jackasses got married in Italy Saturday," the piece declared.

On the other hand, perhaps you'd really like to know where the couple is honeymooning. According to The Daily Mail, the pair landed at Cork airport in their

private jet Sunday and drove off in "a fleet of limousines." They're apparently going to stay in Ireland for five days, and are "rumoured to be staying at the luxurious five-star Castlemartyr Resort — a half-hour drive east of Cork city. Castlemartyr staff said they 'could not comment' on whether it was Kanye who booked the Presidential suite of the 17th-century country manor."

## El Paso search leaves Wiz in the lurch

Authorities say rapper Wiz Khalifa has been arrested in West Texas for marijuana possession. The performer was stopped at an inspection checkpoint at the El Paso airport. A statement from El Paso police says because Khalifa travelled without identification, a search was ordered and Transportation Security Administration agents found a canister with marijuana. TSA alerted police, who then arrested Khalifa. He was charged with misdemeanour possession of marijuana and was released



Wiz Khalifa

after posting \$300 bail. Khalifa posted a photo on Twitter inside of what appeared to be a holding cell.

THE ASSOCIATED PRESS

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@JasonAlexander

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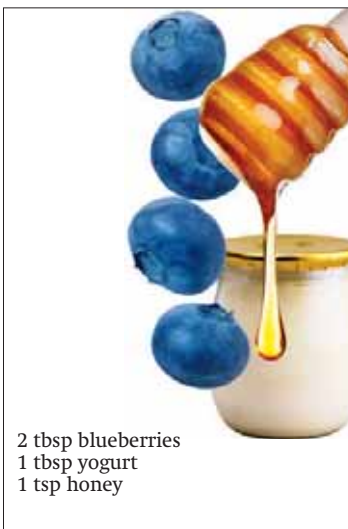
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metro

# 50 PLUS

Tuesday, May 27, 2014



Senior athleticism is a growing trend. Studies have shown that physical activity improves health, balance and mobility. SHUTTERSTOCK

## Physical activity helps improve health

JON  
TATTIE  
For Metro

Bob MacLeod is an active 75-year-old preparing to travel to Edmonton for the upcoming Canada 55+ Games.

MacLeod, president of the Nova Scotia 55+ Games, will be one of about 150 Nova Scotians in Alberta for the games this August. More than 3,000 Canadians are expected.

Senior athleticism is a

growing trend, which is great news because 12.5 per cent of Canadians are older than 65. Studies have shown that physical activity improves health, balance and mobility.

The 55+ Games offer a range of active and passive events. The active events include hockey, track and field, cycling and bowling. MacLeod golfs. Passive events include cribbage, 45s or Scrabble. In passive events, age is an advantage, as evidenced

### Local games

- The Nova Scotia 55+ Games began in 2003 and have been held every two years since. The last games, in 2013, were held in Truro and the next are in 2015 in New Glasgow. The 2013 games drew 600 participants and it is hoping for 800 participants next year.

by a 98-year-old bridge player bringing a mass of experience to the table.

"We have one gentleman from Whycocomagh that is

91, and he's bowling in the 85-plus category," he said.

People who have been inactive for a while should talk to a doctor about how to stay

safe as they get active, and pay attention to strains and signs of heat stroke.

MacLeod, who lives in New Glasgow, recently addressed Doctors Nova Scotia about the benefits of an active senior lifestyle. It wasn't the physical side that interested the doctors, however.

"The big part is the mental side of it, the confidence building," MacLeod said. "Having fun and being active with people keeps your mind

active. I see very intelligent people that are attempting to get involved. It gives you a better lifestyle."

It's important to find an activity you enjoy, MacLeod adds.

"You don't over-exert. Participate in a sport that is within your means. And, it has to be fun. We're not out there to compete, even though that gold, silver or bronze you win comes with a lot of bragging rights."



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Now that you have more time on your hands, you have an opportunity to travel and experience those dream moments. SHUTTERSTOCK

# It's your time to explore

JON  
TATTRIE  
For Metro

Richard Arnold loves making dreams come true. As "director of fun" (a.k.a. president) of Atlantic Tours, he does that by helping people in their 50s and older finally see the Grand Canyon, take a river cruise in Africa, or go to the Country Music Awards.

"My first love will always be taking people on those dream moments," the one-time tour guide said. "To have someone hold your arm to do something that's uncomfortable, but they've always dreamed of doing, that's where I get my biggest satisfaction."

His company caters to

## Travel insurance

- Get travel insurance and make sure it covers you. If, for example, you fall off a Jet Ski, the activity may void your coverage. Get cancellation insurance, too, so if you fall

sick before the trip, you won't lose the money. Sometimes if you use credit card points to pay for a trip, the card's travel insurance is not applicable.

people 50 and older with a range of options. On the independent end, self-guided driving tours organize accommodation and activities, but travellers retain control of their own car. At the sit-back-and-relax end, all-inclusive coach tours take care of everything from Day 1.

Popular trips for older trav-

ellers include touring the Maritimes, Newfoundland and Labrador, and riding a train across Canada. The Magdalene Islands draws people who have long heard about Quebec's gems, but have yet to discover them.

"We do a trip that goes down (to New York City) for the (U.S.) Thanksgiving Day Parade," Arnold said. "Once again,

bucket-list items people really want to do. We have a great trip this fall going to Nashville to be part of the Country Music Awards."

The 50-plus category is a big one, so make sure the trip meets your comfort/adventure level. Some questions you should ask include:

- What's the fitness level required for the activities?
- How rigid is the itinerary?
- How many people signed up?

Arnold said younger retirees seek hands-on adventures and often want greater freedom than a coach tour.

"But once you get them on one, they realize that it is perfectly suited for them because they can sit back and have a worry-free vacation."

## Keep on adding to your nest egg

It's never too late for seniors to start investing for their future. While the benefits of compound interest work best when money is invested at a young age, even people in their 50s, 60s and older can get some benefit.

"Compound interest works no matter how old you are," said Greg Williams, a financial planner with Investors Group in Halifax. "Most people today have the prospect of living into their 80s or 90s. If you're planning on retiring at 60 and you're going to live to be 90, that's another 30 years for compound interest to continue to work."

In addition to making regular contributions to an investment fund, seniors should also steadily increase the amount they invest year-after-year, according to financial educator, author and industry consultant Talbot Stevens.

"Would you work for the same rate 10 years from now that you're earn-

ing now?," he said. "Probably not. So why would you be investing money at the same rate 10 years from now? If you can afford to invest \$100 in Year 1, you can probably afford to invest \$102 in Year 2 and \$104 in Year 3."

Planning for retirement also involves preparing for the eventuality of passing your hard-earned money to your heirs. For most seniors, estate planning is an essential part of the financial equation.

For those who wish to maintain some control over their money when they pass it on to their heirs, good estate planning usually involves creating a testamentary trust. A trust can strictly limit and define the powers of the trustees or leave the management to their discretion, depending on your wishes.

A testamentary trust can be a simple clause in a will, or it can be complex with many parameters.

TOM MASON



Seniors should steadily increase the amount they invest year-after-year, in addition to their regular contributions. SHUTTERSTOCK



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Always protect your personal information, such as passwords and banking information. SHUTTERSTOCK

# Be on guard for fraud

GEORDON  
OMAND  
For Metro

While it is in many respects one of Nova Scotia's strongest assets, the renowned hospitality of the East Coast does have an unfortunate downside.

That affable friendliness can make seniors in the Maritimes more vulnerable to fraud.

"Atlantic Canadians, especially Atlantic Canadian seniors, seem to be more trusting than perhaps other seniors in other places," said Bill VanGorder. "Nova Scotia is a friendly, happy place and people don't think of this happening until it happens to them."

VanGorder is the founder and chair of the Rotary ABCs of Fraud program in Halifax,

**It can happen to you**

**"Nova Scotia is a friendly, happy place and people don't think of this happening until it happens to them."**

Bill VanGorder, founder and chair of the Rotary ABCs of Fraud program in Halifax

a consumer fraud and prevention program targeted at seniors.

According to VanGorder, about \$90 million per year is defrauded from Canadian seniors alone, based only on the estimated 10 per cent of reported cases.

"Invariably, we talk to people who say, 'Oh, I didn't think anybody would try to take advantage of an old person,'" VanGorder said.

Nova Scotia isn't alone

— seniors everywhere seem to be a more targeted demographic for fraud scams.

"They don't have the same awareness," said Natasha Handspiker, a manager at Northwood, a multi-purpose seniors community centre in Halifax's North End.

Fortunately, taking precautions can help prevent the likelihood of becoming a victim of fraud.

"Try not to pay upfront," Halifax RCMP officer Cpl. Scott MacRae said about door-to-door service scams. "Wait till the work is complete (and), if in doubt, contact the police or another trusted adult."

General wariness and always protecting your personal information, such as passwords and banking information, especially over the phone and online, are also important.

## Safety. Many falls can be prevented

TOM  
MASON  
For Metro

According to the Public Health Agency of Canada, about one in three seniors experience a fall every year, with half of those falling more than once.

That's particularly bad news because about 40 per cent of seniors' falls result in hip fractures, with about 20 per cent of injury-related deaths among seniors stemming from falls.

Not surprisingly, the majority of falls involving seniors take place in their own homes. The bathroom is one of the most dangerous places in a home, a room full of slick, wet surfaces that can be a hazard for the most sure-footed senior. Installing non-slip surfaces and grab bars is an easy and inexpensive fix to start making the bathroom safer.

Wiping up water and spills is also important. A more complex solution includes a

raised toilet seat and a bath seat in the shower for those most prone to falls.

Many falls can be prevented through simple tweaks or lifestyle changes. Reducing clutter in the home and rearranging furniture to create clear paths can go a long way to creating a safe environment.

Getting up too quickly out of a chair can cause a person to become light-headed and lead to a fall. Rushing to answer a telephone is also a

hazard, one that can be alleviated with cordless phones and callback features. Taking your time while walking up and down stairs is also good advice for people of any age, especially seniors.

Fear of falling can be a vicious circle. When seniors stop being active because of this fear, their inactivity can cause them to become physically unfit and more at risk of falling. Staying active can be the best way to guard against a fall.

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# Become active in your community

**Volunteering.** Spend time doing things that are important to you and the people around you

**GEORDON OMAND**  
For Metro

Retirement is often considered a slowing-down period, but not so for Audrey Samson.

After more than 25 years working as a reference librarian, the 60-year-old longtime Halifax resident retired early to dedicate more time getting involved with the community.

"It was a really logical thing for me to take early retirement and spend more time doing the things that were really important to me."

Samson became more active in her community through her son Max, now 25, who inspired her to join a Friday night social group

for teens and young adults with Down syndrome.

"I wanted Max to have more of an opportunity to meet people his own age," she said.

Fast-forward to today and Samson is using her strengths and interests to help run projects through the Social, Cultural, Recreational Inclusion (SCRI) for all Society, including lunch and dinner clubs.

"I like to cook," she said. "There was a need and it's sort of like filling a little niche."

Samson also maintains a blog ([scricooks.wordpress.com/](http://scricooks.wordpress.com/)) for SCRI members so they can access recipes that are used for the lunch and supper clubs.

When fellow SCRI volunteer Sarah Manchon de-

scribes Samson, "devoted" is one of the first words that comes to mind.

"The type of volunteering ... she participates in, isn't necessarily something that will make a nice headline or a flashy line on a resumé," Manchon said. "It's really about caring for the community."

And the rewards aren't always obvious, which is fine by Samson.

"It's not like you do it so people will go around saying how much they appreciate it," she said.

Samson's advice to people interested in becoming more involved but not sure where to start — "dip your toes in" and do what matters to you.

"This matters to me, obviously because of my son," she said. "But once you get involved it kind of takes on a life of its own."

"It's very rewarding."



Audrey Samson, left, and Jennifer Eweka prepare a meal at the Social, Cultural, Recreational Inclusion for all Society. Samson says volunteering with the society is very rewarding. CONTRIBUTED

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# Your menu matters

**JON TATTRIE**  
For Metro

Getting proper nutrition helps you flourish at every age of life, but growing older affects nutritional needs in particular ways.

Proper nutrition helps prevent heart disease, diabetes, osteoporosis, and some types of cancer. It boosts energy levels and increases activity. Dieticians of Canada says as you get older, you need to eat less food (fewer calories), but need the same amount — or more — of certain vitamins and minerals.

Krista Leck Merner, a Halifax-based dietician with the organization, says lifestyle changes can trigger nutritional changes. As the kids leave home, the focus on preparing healthy meals from scratch fades. Retirement can bring on a happy time of meals out with friends and delicious dining on vacation.

Leck Merner advises boomers and beyond to centre food habits on the "perfect plate." That's eating three meals a

day, plus one to three snacks. Skipping meals, especially breakfast, makes it hard to get all your daily nutrients.

As a rule of thumb, about 50 per cent of your plate should be vegetables and fruit, 25 per cent grain (brown rice or whole-grain pasta) and 25 per cent protein-rich foods (dairy, chicken, fish, meat,

tofu, eggs or beans). Aim for three of the four food groups at each meal, and two food groups at each snack.

"Health Canada recommends anyone over the age of 50 to be having a vitamin D supplement," she said. "As we age, our skin is not as good at converting the vitamin D we get from the sun into the

active form of D3 we need."

Multivitamins, calcium and omega-3 are good, too, but check with your doctor. If you feel sluggish, it could be a problem with absorbing B12 or iron. Leck Merner recommends checking out NutritionScreen.ca/escreen for a free online tool to gauge your healthy eating level.



A local dietician advises baby boomers and beyond to centre their nutrition habits on the 'perfect plate.' SHUTTERSTOCK

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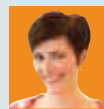


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## Health Solutions

## Wake up the palate and eat healthy, too



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Sun-dried tomatoes came into their own in the '80s but they remain a killer ingredient for a reason.

They have an intense taste that wakes up the palate but they also bring with them the nutrients that a tomato is famous for.

Lycopene is an antioxidant best known for its suspected role in helping prevent prostate cancer.

But it's also been studied for its help in preventing or treating inflammation, age-related eye disease and lung conditions. Buying the tomatoes desiccated and packaged on their own is your healthiest

option; they simply require plumping in hot water for 30 minutes or so before use.

The easiest choice though is to buy them in oil, drain and chop them into salads, on pizza, into any Mediterranean rice or pasta dish.

Don't toss the oil that the tomatoes come in, though! It is highly flavoured and ready to be used in salad dressings or bread dips.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



# Sun-dried tomatoes add a punch of 'kapow' to steak

**THERESA ALBERT**  
myfriendinfood.com

I find grilled steak kind of one-dimensional and in want of a punch. This drizzle adds moisture and a left hook of flavour that is a knockout.

Mixing together the primary ingredients to use as a marinade pulls double-duty. It protects the meal from creating harmful substances on the grill and adds flavour.

A quick addition of capers and sun-dried tomatoes makes a topping.

1. Mix together oil, vinegar,

## FLASH FOOD



From your fridge to your table in 30 minutes or less

oregano, garlic, pepper, salt and mustard.

2. Pour half onto steak and rub into both sides, marinate for up to 24 hours in the fridge or 20 minutes on the counter.

3. Preheat grill or grill pan.

4. Grill steak for 2-4 minutes per side over high heat.

### Ingredients

- 2 tbsp extra virgin olive oil
- 2 tbsp vinegar
- 1 tsp oregano
- 2 cloves garlic
- 1 tsp fresh ground pepper
- 1/2 tsp kosher salt

- 1/4 cup Dijon mustard
- 4 small striploin steaks
- 1/4 cup capers
- 1/4 cup sun-dried tomatoes, oil-packed



This recipe serves six. COURTESY THERESA ALBERT

5. Meanwhile mix remaining half of oil-and-vinegar mixture with capers and drained sun-dried tomatoes.

6. Spoon caper mixture over

cooked steak and serve with a side salad. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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# The absolutely addictive quality of grilled asparagus

Grilling vegetables is magical, mostly because the intense heat caramelizes the natural sugars in them. It transforms vegetables from something you feel you have to eat into something you can't stop eating!

And grilled asparagus is one of the most awesome. Not only is it delicious, it's also easy to make. And you only need four things: thick-stemmed asparagus, olive oil, kosher salt and a hot grill.

1. Heat grill to medium and prepare for direct heat cooking. For charcoal grill, spread coals evenly under grate. For gas grill, all burners should be on.

2. Trim off tough bottoms of spears by grasping each end and bending it gently until it snaps at its natural point of tenderness, usually two-thirds of way down the spear. If spear is less than 6 inches long, chances are it has been trimmed.

3. Place spears in zip-close plastic bag. Add oil and massage spears to coat very well. Sprinkle in the salt and mas-



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

sage again. Leave the asparagus in the bag until ready to cook.

4. Use tongs to place the spears on the cooking grate crosswise so they won't fall through the grates. Grill for 5 to 8 minutes, turning occasionally to expose all sides to the heat. The asparagus should begin to brown in spots, but don't let them blacken and char. The larger the spears, the longer they will take to cook.

5. Remove from the grill and serve immediately with butter.

**THE ASSOCIATED PRESS/ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.**

### Ingredients

- 1 lb fresh asparagus
- 1/4 cup olive oil
- 1 tsp kosher salt



NHL playoffs

## Kings closing in on Stanley Cup final

Jake Muzzin, Marian Gaborik and captain Dustin Brown scored in a dominant first period, and the Los Angeles Kings beat the Chicago Blackhawks 5-2 Monday night to take a 3-1 lead in the Western Conference final.

Muzzin and Drew Doughty each had a goal and an assist, and Jonathan Quick made 22 saves as the Kings moved to the brink of their second trip to the Stanley Cup final in three seasons with their third straight win over the defending champion Blackhawks.

Brandon Saad and Bryan Bickell scored and Corey Crawford stopped 16 shots for the Blackhawks.

Game 5 is Wednesday in Chicago.

THE ASSOCIATED PRESS

NHL

## Capitals shore up GM, coach roles

The Washington Capitals promoted Brian MacLellan to general manager and hired former Nashville Predators coach Barry Trotz on Monday.

MacLellan, who spent seven seasons as assistant GM, replaces George McPhee, whose contract was not renewed after 17 seasons with the Capitals. MacLellan will also get the title of senior vice-president.

Trotz was the Predators' coach for 15 seasons before being dropped from the job in April. In Washington, he takes over for Adam Oates, who was fired with a season left on his three-year deal. THE ASSOCIATED PRESS



Canadiens goalie Dustin Tokarski stops a shot during practice on Monday in Brossard, Que. PAUL CHIASSON/THE CANADIAN PRESS

# Habs draw on past experience for hope

**NHL playoffs.** Montreal looks to repeat 2010 feat of overcoming 3-1 series deficit

It was up to veterans Brian Gionta and Tomas Plekanec to convince the world, and perhaps themselves, that the Montreal Canadiens still have hope.

The team that looked so solid in coming back to eliminate the first-place overall Boston Bruins is down 3-1 to the New York Rangers in the NHL Eastern Conference final, but

Gionta insisted Monday that morale is good and the Canadiens are far from finished.

They will be facing elimination in Game 5 of the best-of-seven series at the Bell Centre on Tuesday night, however.

"It's no secret: You start doing the right things, you start getting rewarded for it and momentum builds," Gionta said. "You keep carrying that."

"A couple of teams have been able to do that this year, the Kings and the Rangers. So it's not something that can't be done and with the group we have in here, we believe we can do it. And we believe we've got better as the series

Price back on the ice

Carey Price, who is out with a suspected knee injury, skated for about 20 minutes without equipment before the team's optional practice Monday, but coach Michel Therrien said he will not be back in this series.

goes on."

Gionta and Plekanec were part of a Canadiens team that came back from a 3-1 deficit to upset the high-powered Washington Capitals en route to their last trip to the confer-

ence final in 2010.

They did it that time with desperate shot-blocking, spectacular goaltending from Jaroslav Halak and a quiet belief that they could pull it off.

This time, they are looking to third-stringer Dustin Tokarski to imitate Halak. The 24-year-old has been solid in goal since replacing the injured Carey Price in Game 2, allowing eight goals in 11 periods over three games.

He helped them claim an overtime win in New York in Game 3 but was beaten on Martin St. Louis' overtime snipe in Game 4 on Sunday night. THE CANADIAN PRESS

# Jays sting Rays for seventh straight win



Blue Jays outfielder Kevin Pillar makes a catch to end the seventh inning against the Rays on Monday in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

Edwin Encarnacion kept up his torrid pace this month by belting his 15th home run of the season as the Toronto Blue Jays extended their winning streak to seven games Monday night with a 10-5 victory over the Tampa Bay Rays.

Encarnacion had three of Toronto's 15 hits as the American League East's top team maintained their two-game lead on the New York Yankees, who beat St. Louis 6-4 in 12 innings.

Dioner Navarro and Steve Tolleson hit back-to-back

Edwin chasing Jose

13

Edwin Encarnacion's 13th home run of the month sets a new Blue Jays record for May. Jose Bautista set the previous record for most homers with 12 in May 2010. Bautista holds the club record for most homers in a month with 14 in June 2012.

homers in the fourth inning for Toronto (30-22). Encarnacion hit a solo shot in the sixth inning for his 13th

homer this month, setting a club record for most homers in the month of May.

Drew Hutchison (4-3) worked five innings for the victory in front of 15,616 fans on a warm, muggy evening at Rogers Centre. He allowed seven hits, five earned runs and four walks.

Erik Bedard (2-3), from Navan, Ont., shouldered the loss as the Rays' four-game win streak came to an end. He gave up 12 hits, seven earned runs and struck out a pair.

THE CANADIAN PRESS

4-SPORTS



## World Cup. Protesters harass Brazil's national team as it leaves for training

The Brazil squad's preparations for a World Cup on home soil got underway Monday amid chants of protests instead of support.

The players selected by coach Luiz Felipe Scolari reported to the national team as a few hundred demonstrators loudly protested against the money being spent by the local government on the World Cup.

The protesters surrounded the bus carrying the players from their hotel in Rio de Janeiro to the training camp in the mountain city of Teresopolis, about 90 kilometres away.

The demonstrators slowed the bus down as it tried to leave and then got close enough to attach dozens of stickers with slogans against the World Cup on the vehicle, including the windows. They also chanted and held anti-World Cup banners, including one that read: "There will be no World Cup, there will be a strike."

"It was just a minor problem," said Brazil assistant



Brazil coach Luiz Felipe Scolari welcomes Neymar on Monday in Teresopolis, Brazil. GETTY IMAGES

coach Carlos Alberto Parreira, who led Brazil to the 1994 world title. "I'm sure that everyone will be supporting the national team. Nobody is going to be against it."

The demonstrators were comprised mostly of teachers and education officials demanding better schools and other improvements from the local government.

There were a few protesters when the team arrived in Teresopolis, too, but there were also supporters in place to welcome the players.

THE ASSOCIATED PRESS

### Uruguay

## Suarez in limbo ahead of Brazil

Uruguay's star striker Luiz Suarez is "evolving well," the national team's doctor said on Monday following knee surgery last week.

Suarez is believed to have picked up the knock in Liverpool's last league game of the season and had an operation last Thursday. Doctor Alberto Pan refused to rule the striker out of the World Cup but couldn't give the assurances that he would be fit to play in Brazil. THE ASSOCIATED PRESS

### Croatia

## Hamstring injury sidelines Kranjcar

Croatia midfielder Niko Kranjcar was ruled out of the World Cup in Brazil on Monday with a hamstring injury.

The playmaker ruptured a muscle in his hamstring during Queens Park Rangers' 1-0 win over Derby on Saturday.

THE ASSOCIATED PRESS

# Pacers proving they can't hang with the Heat

**NBA playoffs.** Miami a win away from fourth straight trip to Finals

LeBron James had 32 points and 10 rebounds, Chris Bosh added 25 points and the Miami Heat moved one win away from a return trip to the NBA Finals with a 102-90 win over the Indiana Pacers on Monday night.

Dwyane Wade scored 15 points for the Heat, who have won three of the first four games in the Eastern Conference finals. They can win the East for a fourth straight season with a win at Indiana on Wednesday night.

Miami led wire-to-wire, opening up as much as a 23-point lead in the final quarter.

Paul George scored 23 points and David West added 20 points and 12 rebounds for the Pacers, who got 15 points from George Hill. But Lance Stephenson was held to nine and Roy Hibbert was scoreless in 22 minutes for Indiana.

The Pacers won two elimination games in the first round against Atlanta, and need to win three more if their year-long plan of topping Miami as kings of the East is going to become reality.

The odds are obviously stacked against them. When holding a 3-1 lead, Miami is 8-0



LeBron James shoots over Pacers guards Rasual Butler and George Hill during the Heat's Game 4 win in the Eastern Conference finals on Monday night in Miami. CHRIS TROTMAN/GETTY IMAGES

in Game 5s over the past four post-seasons.

The fight isn't over.

But it was awfully one-sided for long stretches of Game 4.

Miami outscored Indiana

31-20 in the third quarter and increased the lead to 23 in the fourth before the Pacers used a 15-3 run to make things somewhat interesting.

THE ASSOCIATED PRESS

### Indy 500

## Hunter-Reay sees \$2.5M payday

Ryan Hunter-Reay's narrow Indianapolis 500 win brought him a \$2.49 million payday.

The overall purse was \$14.23 million. The winnings were announced Monday night.

Hunter-Reay edged Helio Castroneves by 0.060 seconds Sunday in the second-closest margin of victory in the history of the race. He became the first American to win the Indy 500 since Sam Hornish Jr. in 2006.

THE ASSOCIATED PRESS



## Bouchard advances in Paris

Montreal's Eugenie Bouchard returns a shot during her women's singles 6-0, 6-2 win over Israel's Shahar Peer at the French Open on Monday in Paris. CLIVE BRUNSKILL/GETTY IMAGES

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## Horoscopes

### ♈ Aries

March 21 - April 20

There is no point trying to predict what will happen over the next few days. Just stay calm and be ready to act when big events happen.

### ♉ Taurus

April 21 - May 21

You need to be a bit more serious about your cash flow situation. Tomorrow's new moon will make it clear where and how savings need to be made. No more shopping sprees for you — for now.

### ♊ Gemini

May 22 - June 21

With a powerful new moon in your sign over the next three days there is no way you can go wrong — and even if you do go wrong it will somehow turn out right. Aim for the sky.

### ♋ Cancer

June 22 - July 23

What you decide over the next few weeks, and especially over the next few days, will form the basis of your reality for the coming year. Find a quiet place where you can be alone with your thoughts.

### ♌ Leo

July 24 - Aug. 23

Friendships and group activities are highlighted today and all week, so get out and mix with all sorts of people — every one of them will have something to teach you.

### ♍ Virgo

Aug. 24 - Sept. 23

If you are in any way dissatisfied with your lot, now is the time to do something about it. The approaching new moon means that changes are good for you, especially those to do with your career.

### ♎ Libra

Sept. 24 - Oct. 23

It will feel as if a great weight has been lifted from your shoulders today. Money worries, especially, will begin to fade and you can start having fun again.

### ♏ Scorpio

Oct. 24 - Nov. 22

The upcoming new moon will give you the motivation and energy you need to make a start on a project you have been flirting with for weeks, months, maybe even years.

### ♐ Sagittarius

Nov. 23 - Dec. 21

Anything of a one-to-one nature, be it personal, professional or financial, can be changed for the better over the next few days. Romance is especially well starred.

### ♑ Capricorn

Dec. 22 - Jan. 20

Even you can recognize that certain ways of doing things are not working as well as they should. It's time to push your ego to one side and admit that changes are needed.

### ♒ Aquarius

Jan. 21 - Feb. 19

The approaching new moon encourages you to believe that you can get away with anything. If you act as if it is true, you will no doubt do something amazing.

### ♓ Pisces

Feb. 20 - March 20

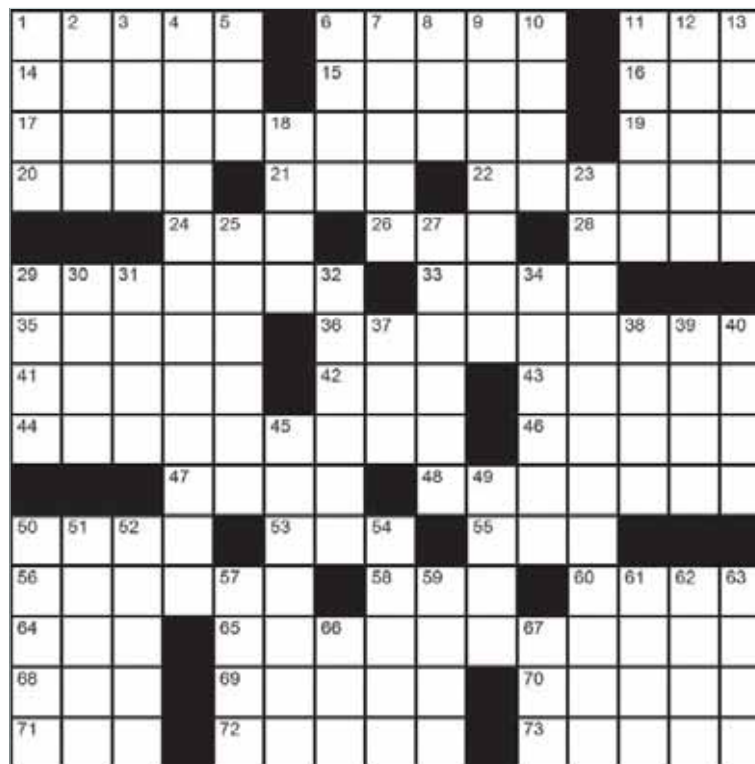
Over the next two or three days you will get the opportunity to find out why loved ones are so uptight. Once you know that it will be quite easy to restore harmony.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- Comic legend Milton
- Backs
- Telly-watcher's network
- Sneezer's sound!
- Classical music groups, briefly
- Mr. Roth
- Purchase with plastic: 3 wds.
- \_\_\_ rummy
- Alta. neighbour
- Farm field
- Green Day's "When I Come \_\_\_"
- 'Benedict' suffix
- Banned pesticide
- '500' car race
- Stop broadcasting: 2 wds.
- Q. "\_\_\_ Cool I the star of 'NCIS: Los Angeles'?" A. "Yes."
- Straighten
- Canada-US: World's longest \_\_\_ border
- Shelf sort
- Melissa \_\_\_ Anderson
- Celebrity chef Ms. De Laurentiis
- Plummer's song in "The Sound of Music" (1965)
- Calgary neighbourhood
- \_\_\_ other (Without equals)
- Bricklaying tools
- \_\_\_ up (Escalates)
- "November Rain" gr.
- Antacid brand



- A bite to eat
- Lute-like instrument
- Financial investment for the future, commonly
- Cards symbol
- Artful Dodger, and cohorts

- Pronoun
- Ice Cube, aka \_\_\_ Jackson
- Big name in insurance
- \_\_\_ Francisco
- "SCTV" alum Martin
- Beseech

### Down

- Ms. Streisand, cute-style
- S. Amer. country
- Prince Edward's wife, Sophie \_\_\_ Jones
- Stratford Festival play currently, Alice Through the \_\_\_ -

- Many a moon
- Canadian comedian Jon
- Greek mythology nymph
- Got [abbr.]
- Acupressure
- Stars sci.
- Carpenters'

- "We've Only Just \_\_\_"
- 54-40's "I Go \_\_\_"
- Brady Bunch kid
- Staff symbol
- Type of job, as on Hibernia: 3 wds.
- "Still haven't heard a thing...": 2 wds.
- Reader's \_\_\_ Canada
- 'Red tag' event
- \_\_\_ 'Orleans, QC
- 1947 Nobel Prize in Literature winner, Andre \_\_\_
- Ford model
- "Gilligan's Island" water
- Greek letters
- Florida: Miami-\_\_\_ County
- Leon \_\_\_, 1963 Pulitzer-winning biographer
- Author Mr. Brown's
- One of Canada's official languages
- Change
- Accumulate
- Certain coffee
- Primp
- TV weatherman Al
- Heroic verse
- \_\_\_ the crack of dawn
- Network of nerves
- Commuter ticket buying places, e.g.
- Health/safety messages, e.g.
- Comedian Margaret
- Head covering

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today



Wednesday



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